

POWERLIFTING

CHAMPIONSHIP

DATE

AGE GROUP	TEAM	DIV	NAME	LOT NO	BODY MASS	WILKS FORMULA	SQUAT				BENCH PRESS				DEAD LIFT				TOTAL (kg)	POINTS (WILKS)	POSITION	TEAM POINTS	INCENTIVE BADGE								
							1ST	2ND	3RD	4TH	1ST	2ND	3RD	4TH	1ST	2ND	3RD	4TH													
WOMEN POWERLIFTING																															
	EP	56.0	Stephanie Pretorius	55.65	55.65	1.1824	100.0	+	107.5	+	112.5	-		50.0	+	55.0	+	60.0	-		120.0	+	127.5	+	132.5	+	295.0	348.81		#N/A	Black
	EP	56.0	Gillian Smith	53.98	53.98	1.2115	110.0	+	117.5	+	120.0	-		57.5	+	62.5	+				115.0	+	122.5	+	130.0	-	302.5	366.46		#N/A	Black
	EP	56.0	Liezl Pretorius	53.26	53.26	1.2239	127.5	-	132.5	-	132.5	-		70.0	+	75.0	-	75.0	-		115.0					70.0	85.67		#N/A	White	
	WP	60.0	Hesterki Range	58.43	58.43	1.1386	85.0	+	97.5	+	107.5	-		55.0	+	62.5	+	67.5	-		115.0	+	127.5	+	140.0	+	300.0	341.58		#N/A	Brown
	EP	67.5	Cene Pettit	63.22	63.22	1.0714	145.0	-	152.5	-	152.5	+		60.0	+	65.0	+	70.0	-		135.0	+	140.0	-	142.5	-	352.5	377.67		#N/A	Black
																													#N/A	#N/A	
																													#N/A	#N/A	
																													#N/A	#N/A	
MEN POWERLIFTING																															
	WP	52.0	Sean Brokenshire	51.77	51.77	0.9863	115.0	+	120.0	+	132.5	-		80.0	+	90.0	-	90.0	-		155.0	+	167.5	+	175.0	-	367.5	362.47		#N/A	Brown
	EP	67.5	Graham Gardner	64.81	64.81	0.7973	140.0	-	140.0	-	140.0	+		85.0	-	85.0	+	90.0	-		142.5	+	150.0	+	160.0	+	385.0	306.96		#N/A	Orange
	WP	67.5	Virgil Arendse	62.93	62.93	0.8178	110.0	+	125.0	+	135.0	-		65.0	+	72.5	+	77.5	-		155.0	-	155.0	+	162.5	+	360.0	294.41		#N/A	Yellow
																													#N/A	#N/A	
	EP	75.0	Kyle Valentine	71.74	71.74	0.7360	90.0	+	110.0	+	120.0	-		70.0	-	85.0	+	90.0	-		120.0	+	140.0	+	150.0	+	345.0	253.92		#N/A	White
	WP	75.0	Anver Brown	74.45	74.45	0.7163	180.0	+	185.0	+	192.5	+		110.0	+	115.0	+	120.0	-		180.0	+	185.0	+	192.5	+	500.0	358.13		#N/A	Brown
	EP	75.0	J.P. Claassen	74.12	74.12	0.7186	140.0	+	150.0	+	165.0	+		70.0	+	80.0	+	90.0	+		140.0	+	160.0	+	175.0	+	430.0	309.00		#N/A	Green
	WP	75.0	Clive Battison	74.27	74.27	0.7176	190.0	+	235.0	+	205.0	-		127.7	+	135.0	-	135.0	+		215.0	+	220.0	+	230.0	-	590.0	423.38		#N/A	Bronze
																													#N/A	#N/A	
	EP	82.5	Jason Greyling	77.82	77.82	0.6951	90.0	+	110.0	+	120.0	-		90.0	+	105.0	+	110.0	+		120.0	+	140.0	+	160.0	-	360.0	250.24		#N/A	White
	WP	82.5	Howard Cladingbowl	79.57	79.57	0.6852	180.0	+	195.0	+	202.5	-		120.0	+	127.5	+	132.5	-		205.0	+	220.0	-	225.0	+	547.5	375.12		#N/A	Brown
	EP	82.5	Wynand Barnard	79.08	79.08	0.6879	70.0	+	90.0	+	110.0	-		60.0	-	65.0	-	65.0	+		130.0	+	140.0	+	160.0	+	315.0	216.69		#N/A	White
																													#N/A	#N/A	
	EP	90.0	Roche Delpont	89.60	89.60	0.6398	195.0	+	207.5	-	210.0	-		87.5	+	95.0	-	100.0	-		180.0	+	190.0	+	200.0	-	472.5	302.31		#N/A	Orange
	EP	90.0	Christo Jordaan	88.42	88.42	0.6444	230.0	+	240.0	-	252.5	-		120.0	+	130.0	+	135.0	-		225.0	+	235.0	+		-	595.0	383.42		#N/A	Brown
	EP	90.0	Heinrich J.V. Rensburg	86.85	86.85	0.6505	160.0	-	160.0	+	180.0	-		170.0	-	170.0	+	191.0	-		180.0	+	192.5	+	200.0	+	530.0	344.77		#N/A	Blue
	EP	90.0	Juan Fourie	89.41	89.41	0.6406	210.0	+	227.5	-	227.5	+		135.0	+	140.0	+	145.0	-		225.0	+	240.0	+	245.0	-	607.5	389.16		#N/A	Black
	WP	90.0	Micheal Janse v Rensburg	89.94	89.94	0.6388	200.0	-	200.0	+	212.5	+		135.0	+	140.0	-	140.0	-		225.0	+	235.0	+	240.0	+	587.5	375.30		#N/A	Brown
																													#N/A	#N/A	
	EP	100	Stephen Stander	92.53	92.53	0.6298	90.0	+	100.0	+	120.0	-		90.0	+	100.0	+	105.0	-		150.0	+	180.0	+	195.0	+	395.0	248.77		#N/A	White
	WP	100	Peter Kartev	94.82	94.82	0.6226	190.0	+	205.0	+	215.0	-		130.0	-	130.0	+	140.0	-		220.0	+	240.0	+		-	575.0	358.00		#N/A	Blue
	WP	100	Ian Janse v Rensburg	97.18	97.18	0.6160	225.0	-	225.0	+	235.0	-		140.0	-	140.0	-	140.0	-								225.0	138.59		#N/A	White
																													#N/A	#N/A	
	WP	125	Alan van Heerden	122.14	122.14	0.5727	190.0	+	210.0	-	215.0	+		155.0	+	165.0	-	165.0	-		230.0	+	247.5	+	265.0	-	617.5	353.64		#N/A	Blue
	EP	125	Johan Nel	110.75	110.75	0.5873	140.0	+	160.0	+	170.0	+		90.0	+	100.0	-	100.0	-		180.0	+	200.0	+	210.0	+	470.0	276.03		#N/A	Yellow
																													#N/A	#N/A	
																													#N/A	#N/A	
																													#N/A	#N/A	
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Bench Press

CHAMPIONSHIP

AGE GROUP	TEAM	DIV	NAME	LOT NO	BODY MASS	WILKS FORMULA	SQUAT				BENCH PRESS				DEAD LIFT				TOTAL (kg)	POINTS (WILKS)	POSITION	TEAM POINTS	INCENTIVE BADGE	
							1ST	2ND	3RD	4TH	1ST	2ND	3RD	4TH	1ST	2ND	3RD	4TH						
WOMEN BENCH PRESS																								
	WP	48	Liliana Coleman	48.00	48.00	1.3244	-	-	-	60.0	+	65.0	-	65.0	-	-	-	-	-	60.0	79.46	First	12	Bronze
	EP	56	Gillian Smith	53.98	53.98	1.2115	-	-	-	57.5	+	62.5	+			-	-	-	-	62.5	75.72	Second	9	Brown
	EP	56	Michelle Botha	53.75	53.75	1.2150	-	-	-	30.0	+	35.0	+	40.0	-	-	-	-	-	35.0	42.53	Fourth	12	White
	EP	56	Stephanie Pretorius	55.65	55.65	1.1824	-	-	-	50.0	+	55.0	+	60.0	-	-	-	-	-	55.0	65.03	Third	8	Blue
	EP	56	Liezl Pretorius	53.26	53.26	1.2239	-	-	-	70.0	+	75.0	-	75.0	-	-	-	-	-	70.0	85.67	First	12	Bronze
	EP	67.5	Cene Pettit	63.22	63.22	1.0714	-	-	-	60.0	+	65.0	+	70.0	-	-	-	-	-	65.0	69.64	First	12	Blue
	EP	82.5	Anita Barnard	78.66	78.66	0.9239	-	-	-	70.0	-	70.0	-	70.0	-	-	-	-	-				#N/A	White
							-	-	-														#N/A	#N/A
MEN BENCH PRESS																								
	EP	67.5	Jacques Fourie	63.11	63.11	0.8155	-	-	-	95.0	+	97.5	+	100.0	+	-	-	-	-	100.0	81.55	First	12	Blue
	EP	75	Kyle Valentine	71.74	71.74	0.7360	-	-	-	70.0	-	85.0	+	90.0	-	-	-	-	-	85.0	62.56	Second	9	Yellow
	EP	75	Freddy Senekal	70.30	70.30	0.7469	-	-	-	92.5	+	97.5	-	102.5	+	-	-	-	-	102.5	76.56	First	12	Green
	EP	75	J.P. Claassen	74.12	74.12	0.7186	-	-	-	70.0	+	80.0	+	90.0	+	-	-	-	-	90.0	64.67	Second	9	Yellow
	EP	82.5	Jason Greyling	77.82	77.82	0.6951	-	-	-	90.0	+	105.0	+	110.0	+	-	-	-	-	110.0	76.46	First	12	Green
	WP	82.5	Neal Coleman	81.75	81.75	0.6737	-	-	-	140.0	-	140.0	-	140.0	-	-	-	-	-				#N/A	White
	WP	75	Clive Battison	74.27	74.27	0.7176	-	-	-	127.7	+	135.0	-	135.0	+	-	-	-	-	135.0	96.88	First	12	Black
	EP	90	Heinrich J.V. Rensburg	86.85	86.85	0.6505	-	-	-	170.0	-	170.0	+	191.0	-	-	-	-	-	170.0	110.59	First	12	Silver
	EP	110	Andre Ludik	109.90	109.90	0.5887	-	-	-	165.0	+					-	-	-	-	165.0	97.14	First	12	Black
	WP	125	Alan van Heerden	122.14	122.14	0.5727	-	-	-	155.0	+	165.0	-	165.0	-	-	-	-	-	155.0	88.77	First	12	Brown
	EP	125+	Tinus van Rooyen	136.70	136.70	0.5609	-	-	-	220.0	-	220.0	+	225.0	+	-	-	-	-	225.0	126.20	First	12	Elite 1
							-	-	-														#N/A	#N/A
							-	-	-														#N/A	#N/A
							-	-	-														#N/A	#N/A